GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

20 Tips For Conserving Energy In Using Appliances

1. Be sure the door gaskets on your refrigerator and freezer fit tightly. Loose fitting gaskets let heated air in and waste energy.
2. Don't open the refrigerator or freezer doors more often than necessary. Avoid raising pot covers and opening the oven door during cooking operations.
3. Don't keep the refrigerator colder than necessary (30 -40 degrees F.) Check the temperature with a thermometer.
4. If you have a freezer, keep it full.
5. Use pots and pans the same size as the burners or units on your range.
6. Put your pots and pans on the range before you turn the heat on. Reverse the process when removing pans.
7. Use pans with flat, undented bottoms.
8. Use covered pans for top-of-the range cooking, if feasible.
9. When water begins to boil, turn unit or burner to low, or simmer. Slowly boiling water is as hot as rapidly boiling water.
10. Boil only the amount of water that is needed.
11. For foods requiring long cooking, it's more economical to use the oven than the top of the range.
12. Don't preheat the oven too long before using it. Don't preheat at all when roasting or broiling.
13. When roasting or baking, use the oven to capacity. Cook food needed for another day. Plan oven meals when possible.
14. When possible, use portable applicances such as toasters and skillets instead of your electric range, especially when cooking small amounts of food. Small appliances generally use less energy than the range does on the same jobs.
15. When using an electric oven, turn off the heat a few minutes before the end of the baking period, and finish baking with retained heat.
16. When using electric surface units, turn them off a few minutes before food is done. The stored heat will continue to cook the food.
17. Clean the lint filters on clothes dryers after each load to avoid extra long drying time. Clogged linit filters cut down the rate of air flow, thus increasing drying time.
18. Don't over-dry clothes in the dryer.
19. Run dishwaters and washing machines with full loads, or adjust the water levels if the machines are less than full.
20. Use warm or cold water in laundering when possible to reduce the amount of energy consumed in heating water.

RECIPE OF THE WEEK

Pineapple Cheese Cake

For crust, mix 1½ cups graham cracker crumbs, 1 teaspoon allspice, ¼ cup powdered sugar, ⅓ cup melted butter. Spread mixture in bottom of 9-inch pan, pressing some up sides to form a rim.

2 8 oz. packages cream cheese (room temperature)
2 eggs
⅔ cup sugar
1 teaspoon vanilla extract
½ cup well-drained crushed pineapple (if pineapple is not used, use 2 teaspoons vanilla extract)

For filling, stir cream cheese until soft and creamy. Add eggs, sugar, vanilla extract. Mix well. Add pineapple and stir. Pour into crust and bake in 350 degrees oven for 25 minutes. Remove from oven and top with mixture of 1½ cups sour cream, 4 tablespoons sugar, 2 teaspoons vanilla extract. Return to oven, increasing tempeature to 450 degrees. Be careful not to brown topping. Bake 7 minutes. Remove from oven, cool and then chill until ready to serve. Serve in small portions as it has the consistency of pie rather than cake.

Special Services Set For Chestnut Grove Church

Services at Chestnut Grove Baptist Church on Sunday, January 4, will begin with the regular service at 11:30 a.m. with Rev. K. W. Davis, pastor, preaching.

At 3 p.m. on Sunday afternoon, the Rev. Calvery from Beautiful Zion Baptist Church in Red House will preach at Chestnut Grove. His senior choir, Evergreen Baptist Senior Choir, will be accompanying him as he preaches.

On the second Sunday in January, the 11th, at 7:30 p.m., "God's Creations" from Lynchburg will present a musical program for Men's Day sponsored by Arnold Daniel.

The public is invited to attend.

Hollywood

The Christmas program at Hollywood Church Sunday night, Dec. 21, was a beautiful service and was enjoyed by all.

Rev. Paul Balthaser brought a fine Christmas message Sunday morning to the Hollywood people. Rev. and Mrs. Balthaser and family were supper guests Saturday night of Mrs. Mary Bagby.

The Acteens of Hollywood went carolying Monday night. They were served refreshments by Mr. and Mrs. Kenneth Deaner in their home afterwards.

The family of the late Mr. and Mrs. Leslie Turns observed their annual Christmas party Sunday, Dec. 21, in the home of Rev. and Mrs. Otis Smith. They had a happy time exchanging gifts and all the good food.

Mr. and Mrs. J. L. Torrence had all their children and grandchildren for Christmas. Mrs. Shafter Drinkard visited Mr. and Mrs. Torrence last week.

The family of the late Mr. and Mrs. James H. Wingfield met in the home of Mr. and Mrs. James Waldron of Bedford Saturday night for their Christmas party.

Those visiting Mrs. W. T. Covington during the holidays were Mr. and Mrs. Mike Torrence and Micah, Mrs. W. H. Wingfield and daughter, Julia, Mrs. Buddy Conner and Cheryl, Mrs. M. L. Covington, Mrs. James Conner and Rev. and Mrs. Carlton Smith and family.

Rev. and Mrs. Otis Smith, Mrs. W. T. Covington and Mr. and Mrs. Calvin Smith and family were supper guests Saturday night of Mr. and Mrs. Robert Coleman.

Mr. and Mrs. Scott Sheets spent Christmas with their daughter, Mrs. Flora Fink and family of Alexandra.

Mr. & Mrs. Thomas Woodall and Lisa spent a few days last week in Covington with Mrs. Woodall's parents, Mr. and Mrs. Clarence Coffey and family.

Dinner guests Sunday, Dec. 21, of Mrs. Mary Bagby were the Kenneth Deavers, Walter Wingfields, Thomas Woodalls and Bill Watsons.

Mr. and Mrs. L. H. Watson, Jr. and family, of Alexandra, spent Christmas with Mr. Watson's parents, Mr. and Mrs. L. H. Watson, Sr.

Mr. and Mrs. Alfred Amburn had all their children home for Christmas.

Mrs. Mattie C. Franklin and Mr. and Mrs. Raymond Franklin and family spent Sunday with Mr. and Mrs. Sam McFall of Lynchburg.

Friends were very sorry to hear of the recent deaths of two of Mrs. L. H. Watson Sr.'s nephews, Mr. Carrington Nichols and Mr. Henry Nichols (brothers) of South Boston. We extend our sympathy to their families.

Mr. and Mrs. W. H. Jenkins had all their children home for Christmas.

Our sympathy is extended to Rev. and Mrs. Paul Balthaser and family in the death of Mrs. Balthaser's grandmother, Mrs. Reese of South Hill.

We wish to extend our sympathy to the family of the late John Harvey.

Mr. and Mrs. L. L. Webb, Miss Joyce Webb and Miss Odell Webb visited Mrs. Robert Morris and family Saturday.

Mrs. Charles Hanenkrat of Richmond, and Mrs. Mary Bagby were dinner guests Christmas day of Mrs. M. L. Covington.

Mr. and Mrs. Raymond Franklin and family visited relatives in Richmond during the holidays.

Mrs. Joan Mayberry and Mr. and Mrs. Ryland Mayberry of Newport News, spent Christmas eve and Christmas day in the homes of Mr. and Mrs. Kenneth Deaner and family of Appomattox and Mr. and Mrs. Roy St. John of Charlotte Court House.

Mr. and Mrs. James Woodall had all their children home for Christmas. Mrs. Mary Bagby was a supper guest in this home Friday night.

The families living on the Mary Bagby place had a good time Christmas . . . visiting, eating and exchanging gifts in each others homes.

Mr. and Mrs. Robert Thome and family of Richmond, were Sunday guests of Mr. and Mrs. Kenneth Deaner and family.

Dinner guests Christmas day of Mr. and Mrs. L. L. Webb and family were Mr. and Mrs. Lawrence Woodson and Mr. John H. Webb.

Dinner guest Saturday night of Mr. and Mrs. Richard Webb and Mr. Walker Webb were the families of the late Mr. and Mrs. John Webb. Mr. and Mrs. Bob Kinzie and family visited in this home Sunday afternoon.

Supper guests Sunday night of Mr. and Mrs. Thomas Woodall and family were Mr. and Mrs. Dallas Mangus and Scott Woodall of Lynchburg.

Sgt. and Mrs. William Light and daughter, Michelle, of Fort Carson, Colo., are visiting Mr. and Mrs. James Maxwell. Sgt. Light will be attending the Academy at Fort Lee for two months.

Mr. and Mrs. Larry Torrence and family of New Jersey visited his parents, Mr. and Mrs. Elliott Torrence and family last week. Mr. and Mrs. Torrence had all their children home for Christmas.

Mr. and Mrs. Joe Baldwin and Mrs. Charles Hanenkrat of Richmond, spent Sun., Dec. 21, with their sister, Mrs. M. L. Covington.

May we have joy, peace, and love in our hearts for each other thoughout the New Year and all the years ahead. Happy New Year to all.

Junior Choir Says Thanks

Miss Lisa Reed would like to thank each and everyone for their contributions for the stay-at-home tea given for the benefit of the Junior Choir of First Baptist Church which ended November 23. Thank you one and all.

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The direct deposit of Social Security checks, made simple by Fidelity.

It's not how fast you get your Social Security money in the mail that counts.
It's how fast you get it in the bank.

Because you can't earn interest and you can't write checks until it's safely deposited in your savings or checking account.

Now Uncle Sam has made it easy for you to beat the time-consuming runaround from mail to home to bank.

Now, every month like clockwork, your money can be credited directly to your account—automatically. There's no waiting for the mail, no running to the bank.

Everything is automatic. Questions? We'll answer some of the most important ones here.

1. How will I benefit from this new program?
Most importantly, you won't have to make a special trip to the bank to deposit your check—and you won't have to worry about the check being stolen or lost in the mail. And even when you're away from home, your check will be deposited for you automatically.

2. Can I have the money deposited in either checking or savings?
Yes. But by law your Social Security check must be deposited directly to only one account—either checking or savings.
Fidelity can, however, set up a system that will automatically transfer a specified amount every month from checking to savings. Just ask for details when you come in.

3. How do I sign up?
It's a simple form and we'll be happy to help you fill it out.

4. Is there any charge for this service?
No. It's completely free from Fidelity.

5. After I sign up, when will the bank start receiving my check?
Probably within a month or two. (Until then, your checks will continue to be sent to you.)

6. How do I terminate the program?
It's easy! just call your Fidelity banker and your Social Security office. You can end your participation in the program any time you want.

7. What if the amount of my check changes?
You'll be notified in advance and the full amount of your new check will be deposited.

8. I get payments from both Social Security and supplemental income. Can I have both checks credited automatically?
Yes. Just complete a separate form for every source of Social Security income.

9. My spouse and I receive a check jointly. Can we participate in this program?
Sure, as long as the account is in both names.

10. Can I have my check deposited directly to my spouse's account?
No. The account must carry your name.

11. Can my children's checks be deposited to my account?
If the checks carry your name as representative payee, they may be deposited to your checking account. If you wish to deposit these funds to a savings account, you must have a separate account for each child.
Want to know more? Just give us a call. We'll be happy to help.

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SPECIAL GIFTS AWAIT THE BICENTENNIAL ARRIVAL

APPOMATTOX COUNTY'S FIRST BABY of 1976

Gifts galore await Appomattox County's first blessed event of 1976.
Of course the proud parents are not forgotten either.
Whose baby will it be? We're as anxious as you to see! It's our way of saying "WELCOME, LITTLE ONE".

CONTEST RULES

The winning baby and parents must be residents of Appomattox County. Exact time of birth must be specified by the attending physician, written statement must be submitted to this paper not later than 12:00 noon, January 6, 1976. In the event there is no winner by that time contest will be extended until a winner is declared.

to help baby grow... **2 CASES BABY FOOD** FROM **KINGS SUPER MARKET**	For Baby's 1st Pair Of **Shoes** Poll Parrot Shoes FROM **Marshall's Dept. Store**	for baby's leisure **SLEEP and PLAY SET** **TAMI'S CLOTHING OUTLET** 2861 Campbell Ave., Lynchburg, Va. 10-5 Daily - Phone 847-7219	for baby's future... **$10 SAVINGS ACCOUNT** FROM **FARMERS NATIONAL BANK**
for baby's future... **$10 SAVINGS ACCOUNT** FROM **FIDELITY NATIONAL BANK**	for baby's menu... **CASE OF BABY FORMULA** FROM **WILBUN'S SUPER MKT.**	for baby's father... **FISHING POLE AND REEL** FROM **Appomattox Hdwe. Co., Inc.**	for baby's mother... **ROSE CORSAGE** FROM *Flower Boutique* *Church St. Appomattox, Va.*
for baby's playtime... **$7.50 GIFT CERTIFICATE** FROM **WHITE AUTO STORE**	For Baby's Records **Boy Or Girl Baby Album** FROM **Elliott Florist & Gifts**	for baby's first meal, **BABY'S FOOD WARMER** *Compliments* **APPOMATTOX REXALL DRUG STORE** *PHONE 352-7161*	for baby's family car, **10 GALLONS FIRECHIEF GASOLINE** FROM **APPOMATTOX OIL CO.**